

# Glossary

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## ADOLESCENCE AND ADULTHOOD

### A

**adolescence** the period of time between the start of puberty and full maturation

**Alzheimer's disease** a disease in which a person gradually loses mental capacities and the ability to carry out daily activities

### H

**hormone** a chemical substance that is made and released in one part of the body and that causes a change in another part of the body

### L

**life expectancy** the average length of time an individual is expected to live

### M

**menopause** the time of life when a woman stops ovulating and menstruating

**midlife crisis** the sense of uncertainty about one's identity and values that some people experience in the middle of their lives

### P

**puberty** the period of human development during which people become able to produce children

### T

**testes (testicle)** the male reproductive organ that makes sperm and testosterone